

GLEN PARK NEWS

Official Newspaper of the Glen Park Association

Published Quarterly

Federal funds being sought for community plan projects

by Rachel Gordon

U.S. Rep. Tom Lantos has agreed to fight for federal funding to implement the "Glen Park Community Plan," a proposed Planning Department blueprint to improve traffic flow, pedestrian access and the overall design of the neighborhood's commercial corridor. Lantos, the Democratic Congressman who represents Glen Park, held a half-hour briefing on the Community Plan in mid-January with Supervisor Bevan Dufty and the Planning Department's Amit Ghosh.

Lantos issued a statement saying he is committed to working "to secure federal funding for this excellent plan." He said he will try to solicit support from U.S. Rep. Nancy Pelosi, the Democrats' House leader and San Francisco's other Congressional representative.

Dufty, the District 8 supervisor who represents Glen Park and surrounding neighborhoods, said he is confident Lantos will aggressively seek Federal Surface Transportation Act funding for the Glen Park project.

City officials are hoping for about \$10 million in federal funding to, among other recommendations, help redesign San Jose Avenue with a new median and streetcar stop; construct traffic roundabouts at the intersections of Bosworth and Arlington streets and Bosworth and Lyell streets; adjust parking regulations to free up more than 100 on-street parking spaces; and revamp the BART station.

The ideas for the BART station include constructing a bus and taxi stand, adding a south-side entrance and providing a direct connection to the Muni's J-Church line.

Dufty said the federal financing could be used to leverage local sales tax revenue earmarked for transportation-related projects—an important consideration given that the City is facing a \$260 million-plus deficit next year, making City General Fund dollars for new initiatives scarce. "This really is an exciting opportunity," Dufty said.

The Glen Park Community Plan stems from a neighborhood-based workshop convened by the Planning Department last summer, with an eye toward resolving the area's traffic and parking problems, making it more user-friendly for pedestrians and bicyclists and revitalizing the commercial district. A stated goal of the plan is to repair "the urban fabric" of the neighborhood.

development. The nearly completed City approval process ground to a halt last year after the former owner, frustrated by opposition that caused numerous delays, decided to sell the property. The sale was completed in the fall.

Rick Crawford of the San Francisco Planning Department said there is just one remaining condition to be complied with—while the building's size and structure have been approved, planners still need to review and okay the exterior architectural design.

Mitchell Benjamin of Sternberg Ben-



Left to right: U.S. Representative Tom Lantos, Supervisor Bevan Dufty, Amit Ghosh of the San Francisco Planning Department, and Evelyn Szelenyi, Lantos' District Representative. Photo courtesy of Tom Lantos' office.

The plan provides solutions for managing on-street parking and addressing merchants' concerns, and design guidelines to help retain the beloved "village" feel of Glen Park as change occurs in the future.

AnMarie Rodgers, the City's principal planner on the project, said the Community Plan takes a long-range view. The expectation, she said, is to move forward quickly with the sugges-

tions that have widespread neighborhood support, such as improving on-street parking, making it easier for pedestrians to get around and planting more trees in the business area.

Other, more controversial elements, such as a proposal to create a "green-belt" link between the commercial corridor and Glen Canyon Park, still have a ways to go in building community consensus.

Marketplace development back on track

by Denis Wade

The new owner of the erstwhile Diamond Supermarket property at Diamond and Wilder streets met in December with representatives of the City Planning Department to review the status of the long-awaited Glen Park Marketplace

development. Benjamin Architects is preparing the drawings. Benjamin told the *Glen Park News* in late January that he has had meetings with City planners to review their requirements, and with both of the building's major commercial tenants—BiRite Market and the library. He expects the final drawings will be ready for submittal to the Planning Department soon.

Once the architectural drawings are submitted, Crawford said, City planners will need a few weeks to complete their review process and issue the final design approval. Then—hold your breath—

construction can begin, hopefully before this summer.

At least one merchant who originally opposed the project now echoes the thoughts of a majority of Glen Park residents: "I just want to see construction begin as soon as possible, to bring new vitality to our downtown shopping area," this business owner told us. And while it would be nice to have use of the Marketplace land for the April 25 Glen Park Festival, nearly everyone seems to agree it would be even nicer to see construction under way on the site by then.

Notes from your President

by Stephan Doliov

GPA elections

Yes, it's that time of year again! Elections for Glen Park Association officers will be held on Thursday February 26, 2004. The place of the election will be announced in a mailer to GPA members. Nominations are coming in by mail. At the January meeting, only the current officers were nominated; we'll see which additional candidates surface for the February ballot. Watch for the announcement in the mail and come vote on GPA election day.

January meeting program

The January meeting of the GPA brought Jim Chapell from SPUR, the San Francisco Planning and Urban Research Council. Jim's presentation was a nice introduction to SPUR and its organizational focus. His presentation also covered the draft housing element, and this piece of the presentation created some lively dialogue. Jim likely was a bit taken aback by some of the controversy, but he was most gracious

in presenting both SPUR's point of view and trying to answer criticisms of the housing element from the GPA members in attendance. Also in attendance was Tom Radulovich, BART Board director and general neighborhood helper. Tom's attendance was greatly appreciated, as hopefully he can help guide the GPA through the process of getting funding and attention to some of the better projects that have been proposed as a result of last year's charrette planning process.

Lastly, but not least importantly, state Assemblyman Mark Leno's office came through with some much-appreciated official recognition of Zoanne Nordstrom's many contributions to the Glen Park Neighborhood during the past 30 plus years. Be sure to read "Local Hero" below.

Library fundraiser

There is good news to report on the Glen Park Library Branch Capital Campaign: with the help of Friends and

Foundation of the San Francisco Public Library, our community has succeeded in raising more than 30 percent of its fundraising goal, and the campaign is less than six months old! Look for announcements of upcoming fundraising events. Also to note: the very generous Sharon Dezurick has offered to make a matching donation up to \$1,000 in Zoanne's name (see story on page 5). Let's take Sharon up on this most generous offer—we'll get more money for the library and some permanent recognition inside the library for Zoanne.

The passing of time

I report with sadness that Marie Simard's Café ? closed on Saturday, January 31. Marie's warm smile, morning coffee and wine selection will be missed. If we are lucky, we will have somebody

as affable as Marie start a new business in the space on Diamond Street soon. In the "Merchants' Forum" on page 6, Dr. Dan Gustavson expressed his worries about the ability of our local businesses to survive without community support. His column, written well before Marie announced her closing, has proven unfortunately prescient.



Local Hero

by Denis Wade

Glen Park Association members who gathered in the Recreation Center auditorium for the quarterly meeting on January 13 heard a talk about SPUR, the San Francisco Planning and Urban Research Association, by Jim Chappell and Tom Radulovich. Current officers were nominated for new terms. Membership renewals, with tax-deductible annual dues of \$10, are due now.

One important bit of business was not on the printed agenda. A surprised Zoanne Nordstrom, the GPA's president from 1997-2002 (and vice president before that) was presented with a state Assembly Certificate of Recognition, complete with gold seal, signed by 13th District Assemblyman Mark Leno, for over three decades of community involvement.

"I love doing this," confided Anna Damiani, the assemblyman's San Francisco office field representative, who handed Nordstrom Leno's proclamation. It reads:

"I commend you on the occasion of celebrating more than thirty years of service to the San Francisco community, in particular to your neighbors in Glen Park. Whether you are daring Caltrans to build a freeway through Glen Canyon Park or convincing the Library Commission why the Glen Park Library must be improved, you are a true and dedicated neighbor and friend to San Francisco.

"Your tireless commitment and irrepressible humor are truly remarkable. I congratulate you and thank you for all you do!"



Photo by Denis Wade

"All you do" covers a lot of territory—and countless hundreds of hours of work. Neighborhood newcomers may not know that Nordstrom was one of "the gum tree ladies" who mobilized in the 1960s to force the state to abandon its plans to mow down groves of eucalyptus trees and run the notorious proposed crosstown freeway 60 feet above our ball diamonds and up the side of the canyon, to link Interstate 280 with the Golden Gate Bridge.

Caltrans wasn't their only enemy—the ladies also had to fight the City's public works and planning directors, not to mention Mayor George Christopher and City Engineer Clifford Geertz; they and many other officials considered demolition of 120 Glen Park homes a reasonable price to pay for "progress." (More details of the gum tree ladies' crucial role in the San Francisco freeway revolt are in the Summer 2000 issue of the *Glen Park News*.)

January's recognition from the state Assembly is well-deserved acknowledgement of Nordstrom's long—and continuing—record of activism on behalf of the neighborhood and the park.

The mission of the Glen Park Association is to promote the collective interests of all persons living in Glen Park, to inform and educate about neighborhood and citywide issues, to promote sociability and friendships and to support beneficial neighborhood projects.

GPA Board of Directors and Officers for 2003

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Corresponding Secretary	R. A. Craib	648-0862
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Publication	Nora Dowley	908-6728
Program	volunteer needed	
Public Safety	volunteer needed	
Recreation & Park	R. A. Craib	648-0862
Traffic, Parking & Transportation	volunteer needed	
Zoning & Planning	Kay Lamming	648-7448

Glen Park News

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In Glen Canyon Park

with Jean Conner

A slow, upstream struggle to restore Islais Creek

The Friends of Glen Canyon Park have always dreamed of restoring Islais Creek but there was little that could be done without funding to improve the water quality and quantity.

The Urban Creek Council suggested several years ago that Friends of Glen Canyon Park should apply for a grant from the California Coastal Conservancy. We were surprised that our small creek would qualify as "coastal." We took the information and the grant application to the Recreation and Parks Department for processing. Time passed and we inquired about the application. Evidently no one in the Department was interested. The due date for submitting the application came and went without any action.

After the Natural Areas Program was started we approached them with the Coastal Conservancy Grant Application and they acted on it.

The California Coastal Conservancy awarded the Recreation and Park Department a matching fund grant of \$250,000. We were delighted and expected that the Board of Supervisors would approve the acceptance of the grant. It turned out that there are individuals and groups opposed to any project that is not their own. Some people were opposed to any project that involves the environmental restoration goals of the Natural Areas Program. There were more delays, and the deadline for spending

the grant money was coming up.

The Board of Supervisors finally approved the project in October 2001. What we thought would be a grant for Islais Creek restoration appeared with an expanded title: "Habitat and Access Enhancement Grant to the San Francisco Recreation and Park Department to implement habitat restoration and public improvements." We began to worry about what happened to the creek restoration funding; the money from the Coastal Conservancy was designated for the creek. Richard Craib and I found out that a project director had been appointed. We met with him and his project team in May 2003. We were assured public meetings would happen soon to discuss and plan for the creek restoration.

The first public meeting for "Glen Canyon Park Improvement Planning" was scheduled for August 2003. But the meeting was dedicated to planning for the whole park. Nothing was said about any plans for Islais Creek restoration. We were informed that creek restoration would be included in the second community planning meeting.

The next community planning meeting was held in October 2003. Plans and comments were noted. The plans now included the installation of interpretive signs for the natural areas. The Friends of Glen Canyon Park had designed these signs but funding had disappeared and our signs had been in storage for six years.

Trail improvements, which we all recognize are greatly needed, were also in the project plan. The improvements are justified as erosion control since they are within the creek watershed. Habitat restoration is another component. Much of this is the work Friends' volunteers have been doing for years and will continue to do in the future. Removal of trees growing in the creekbed is part of the habitat improvement and will help increase the water flow. This is work that the volunteers cannot do.

Eucalyptus trees in the creek suck up much of the water, leaving it stagnant and unhealthy. The eucalyptus leaves are toxic to dogs and humans and prevent other vegetation from growing. They would be replaced with native trees and shrubs such as creek dogwood, alder and elderberry that are friend-

lier to other plants and animals. The fourth component of the plan is creek erosion control focusing on the slide area on the west side of the creek where the trail is crumbling away and eucalyptus tree roots are being exposed. Some type of retaining wall is being proposed.

Richard and I received a request from the project director this January asking us to support the creek restoration plan at a meeting of the Recreation, Parks and Planning Committee. We had not seen the plan that we were asked to support until we found that it could be viewed in the commission room at McLaren Lodge. It is referred to as a "conceptual" plan and contained a "conceptual" budget of \$1,002,980, which is twice as much as the original grant and matching funds. The planning committee was asked where the funding was to come from considering the current budget cuts. There was no answer.

Still more approvals are needed before any work begins in the Canyon. Let us hope that the funding can be found and that what funding was already granted will not disappear. If full funding is not available we hope that priority can be given to improving Islais Creek. Work is scheduled to begin in February 2004 and be completed by mid-June 2005.



Creek Dogwood
cornus californicus

Plant print by Ida Geary

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Check It Out at the Library!

by Sharon Dezurick, Glen Park Branch Librarian

The Glen Park Branch is now open 10-6 every day except Sundays and holidays. The Excelsior Branch closed in November for seismic upgrading and a total interior face lift. They should reopen in early 2005. Two results at Glen Park, in addition to our new, longer hours: the adult new book shelves are relatively empty, and the public computers are often full.

As we become more crowded and busier the staff needs your help. When you check out, please bring your library card and have it out before you reach the check-out desk. I also encourage you to set up a personal identification number (PIN) associated with your library card. This allows staff to do reserves online and has significant advantages for those of you who have Internet access at home.

With a PIN, if you've ever lost the pesky paper receipt and wondered when your book or DVD was due you can check your record online. On the library's the home page, go to Services and click on Access Your Library Record. When prompted, type in your library card number and your PIN.

Another advantage of having a PIN is that you can do your reserves on line. You don't need to wait until you go to the library or wonder where your list is or what the title was or wait until a staff person can enter your reserve. Yes, self-serve comes to the library.

If this suggestion offends you, maybe you'd like to read Ellen Rose's User Error: Resisting Computer Culture. For those of you who like the human interaction and social connections that the library provides there are still humans here to greet you and answer your questions.

On the news front, Jeff Northam and Rufus Butler Seder will be working with the community, gathering suggestions

and images for the LifeTiles they will install as the public art for the new branch. These are handmade glass tiles incorporating internal lenses that allow multiple images to be fired onto the back. As the viewer moves, the image also moves. There will also be a static part of the work. All of the semifinalists in the Glen Park Branch art competition were highly qualified, but in a ranking vote, this team of artists was preferred by three of the five committee members.

At the meeting of the Art Commission in mid-January Bobbie Fisch, the architect for the library interior, said that she will schedule a meeting with the library after Susan Hildreth, the City librarian, and Marilyn Thompson, bond program manager, meet with the developer in early February. As I understand the process, the developer will deliver the "enhanced shell" to the library and the library will then proceed to build and finish the interior, which should take an additional six months.

The Friends of the San Francisco Library Glen Park Branch Campaign committee continues to meet, with the public roll-out of the campaign to begin in the spring. The campaign is raising money for the furniture, fixtures and equipment (FFE) for each of the City's new and renovated branches. As we've reported, the bond money provides only for the buildings, not the FFE. As of January 8 the campaign is at an encouraging 30 percent of goal. Remember, give early, give generously.

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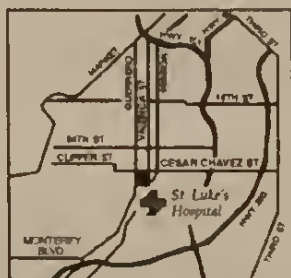
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You can help finish our new library through a special grant

by Sharon Dezurick

Would you like to show appreciation for all that Zoanne Nordstrom has done for our neighborhood while making a donation to help furnish our new branch library, and double your money in the bargain? As part of the capital campaign to furnish the new Glen Park Branch library I am offering a mini-mini challenge grant (up to a total of \$1,000) where I will match each dollar you give to the capital campaign to honor Zoanne.

Zoanne has already given generously to this campaign, and you can help me increase her recognition when our new branch opens. Please make your check out, in any amount you can afford, to Friends of the San Francisco Public Library, with a "Zoanne" notation. You

can bring your check into the library or e-mail me at sdezurick@earthlink.net to make arrangements.

Of course, this would be in addition to the generous donation you already intended to make. The cost estimate for the furniture, fixtures and equipment for each branch is in the ballpark of \$500,000.

The citywide campaign will be approaching foundations, corporations and the really rich. But the neighborhood campaigns are a vital part of the overall fundraising drive. The 2000 bond measure that is funding construction of our new and renovated branches limits use of the bond money to the actual buildings, so the capital campaign is essential to make the new facilities fully functional.

Friends & Foundation of the San Francisco Public Library is conducting the Neighborhood Library Capital Campaign. For more information on the campaign and how to get involved, contact Marian Chatfield-Taylor at 437-4859 or e-mail her at marian.ctaylor@friendssfpl.org.

St. John's has role in D.C. symposium

by Virginia Burns

St. John's Elementary School Principal Kenneth Willers was one of 250 participants in a symposium to chart the future of Catholic education in the United States, held in Washington, D.C. in January. Participants discussed three major themes for Catholic education: Identity, leadership and engagement—how Catholic schools and programs interact with other segments of society.

"As a native San Franciscan, it was a tremendous honor to represent our city and the diverse needs of our families," Willers said. Last year St. John's received a Catholic School of Tomorrow

row Award for Innovation in Technology. The Glen Park principal considers his invitation to participate in this year's National Catholic Education Association symposium yet another honor for his Chenery Street school: "I believe St. John's is the perfect representation of Catholic education in an urban setting. We are innovative [and] committed to the mission of education."

At the White House, President Bush addressed the symposium delegates in a special East Room session. Said Willers: "It was awesome! Who would have thought that a boy who grew up on Mission Street in San Francisco would be sitting in the White House with the president of the United States. I was extremely impressed, to hear how President Bush firmly believes that his vision of 'No Child Left Behind' extends to the children in our Catholic schools."



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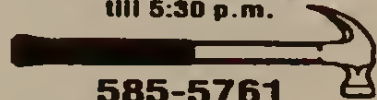
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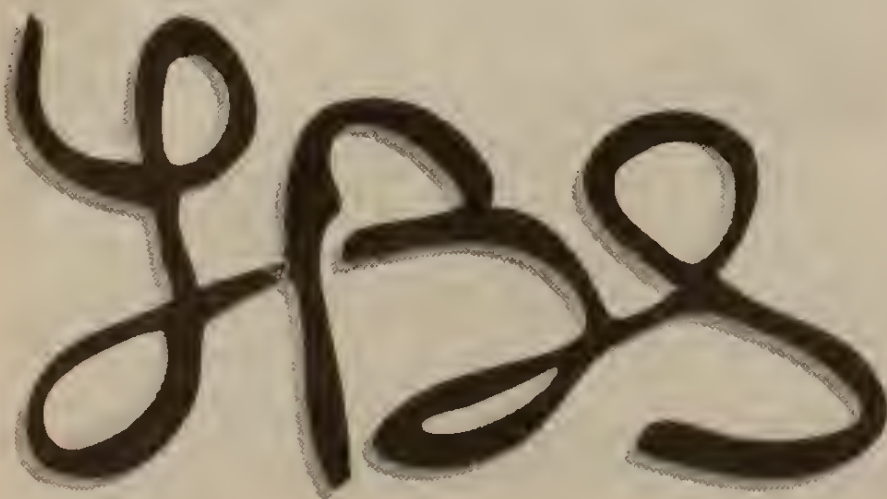
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Merchants' Forum

Borders and Starbucks in Glen Park?

by Dan Gustavson, DDS

I opened Glen Park Dental on Diamond Street in 1991, and in some ways Glen Park has just about stayed the same since that time. This may be what gives Glen Park its charm and "village" feel. On the other hand, a few changes have taken place—some for the betterment of the neighborhood, and some clearly to the detriment of the most unique neighborhood in all of San Francisco.

I remember some five years ago, attending a crowded, standing-room-only community meeting at the Glen Park Recreation Center, and witnessing the outrage emanating from Glen Park neighbors and merchants when Walgreens was being considered for tenancy in the recently-burned Diamond Supermarket site that now houses weeds or Christmas trees, depending on the season. Why all the fuss?

"We don't want chain stores in our neighborhood!" came cries from the audience to then-supervisors Gavin Newsom and Leland Yee. "We want our market back," yelled more. The response against Walgreens and for a community market was overwhelming.

Well, here we are, five years hence, still no market, and a resounding cry of apathetic silence from the community, despite the fact that an influx of chain stores is far more likely now than ever was facing the many concerned and irate people at the Rec Center that night.

Yes, I am talking about the same marketplace, where eager, community-minded BiRite Market owners wait for futile legal wrangling from a handful of misguided people to end. How long will BiRite be interested, given the local business climate? Why have three or four vocal minorities been allowed to stall a project that thousands want to see to fruition? With continued apathy, will Walgreens sneak in?

What about the other merchants in Glen Park? Ask them sometime about the rent they pay, skyrocketing Worker's Comp bills and payroll costs. Then ask them how they can keep up with chain stores. Eric, at Bird and Beckett Bookstore, is one of the finest, most honest, even altruistic people I've ever met. He brings music, poetry, literature and even theater to the community, yet can he

compete with Borders Books? Can Marie at the Café? compete with Starbucks Coffee and Noah's Bagels?

Is this what you, the homeowners, tenants and merchants of Glen Park, want? Running a business takes countless hours of hard work, dedication, sacrifice and perseverance. I've never met a business owner who takes these facts for granted, yet I've met many patrons who have.

Please support your local businesses. They can't survive without you! The next time you want to run to Home Depot, think of Hal and Sue at Glen Park Hardware. Dinner party tonight? Forgot some appetizers? See Rick at the Cheese Boutique. Headed to Barnes and Noble, or Amazon.com, stop! Ask Eric for his latest recommendation, you won't regret it.

I can't wait to once again see and hear the enthusiasm, passion and conviction that I saw in the Rec Center that night, echoing through the streets of Glen Park.

Dan's fears are now fact: Awash in red ink, with the Marketplace still just a promise, Marie Simard quietly closed Café? on Jan. 31. She continues to work on the Glen Park Festival. The AIDS Emergency Fund picked up Marie's penny jar, and hopes her generous donors will seek out its jars at Bird & Beckett and Glen Park Cleaners.

Merchants Association is revitalized

by Tiffany Farr

The Glen Park Merchants Association is re-forming and invites all self-employed residents of Glen Park to join. Annual dues are \$60. The Glen Park Merchants Association is dedicated to promoting the vitality and enhancement of the Glen Park Village district and its local small businesses, through events and community involvement.

We had our first quarterly meeting on January 20 at Destination Bakery. The owner, Joe Schuver, is our president. We are planning a directory of businesses to be mailed to the community, and would like to include everyone who works at home in Glen Park, as well as our downtown merchants.

For more information call Tiffany Farr, Merchants Association VP and Prudential realtor, at 215-2320.

Local choices

Fresh-baked bread. "I wish that great little bakery made bread," someone said the other day. Well, they do! Destination Baking Company, 598 Chenery at Castro, is your source for fresh bread on weekends: Joe Schuver and his crew bake challah and white on Fridays, focaccia and wheat on Saturdays. Hours: M-F 6:30-6:30, weekends 7-4.

Pet food bargain. Critter Fritters, 670 Chenery, has just begun a Frequent Buyer Program for Nutro cat and dog food users. Buy 10 bags of Nutro dry food, or 10 cases of Nutro cans or pouches, and the 11th bag or case is free. Stop by the store for details.

Books in the morning. Bird & Beckett Books and Records reports that sales were way up in November and December, two-thirds better than that period in 2002, thanks at least in part to the neighborhood's response to their plea for help. "We were inundated through the end of 2003 with neighborhood folks buying holiday gifts and just showing their support," said proprietor Eric Whittington. "I can't thank you all enough for helping put the store on the road to financial stability, and for all your good wishes." More good news: the store now opens at 9 a.m. with Steve Choisser behind the counter most mornings.

Another hair option. "I always regret a little when I hear comments like, 'not another hair salon...'," a Glen Park store owner told us the other day. "Those businesses certainly need to be supported." The newest neighborhood option for men, women and kids is Urban Soul Hair Salon, 630 Chenery near Castro. "Soul" used to conjure up images of '70s Afros, but not so at this shop. Partners Ann and Vincent bought the shop last year and are happy to serve drop-in customers seven days a week, 10-6.

Gardeners' alert. If you've been looking at your winter-ravaged garden and trying to get motivated, a good place to start preparing for spring is the racks laden with fresh seeds at Glen Park Hardware, 685 Chenery.

If you have a business in Glen Park and would like to let the neighborhood know what's new, the Glen Park News will try to help spread the word. We've asked Joe Schuver, president of the Glen Park Merchants Association, to coordinate this column for us. Send your information, in 100 words or less, to Joe at destbake@prodigy.net, or take a typed copy to him at Destination Bakery, 598 Chenery St. Put "Merchants Forum" in the subject line of your e-mail. We may need to edit your text so include your phone number. Next deadline is April 15 for the May 15 issue.

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Glen Park Garden Club Board. (front, l-r): Chairperson Barbara Langerman, Adrienne Lacou, Carol Maerzke. (rear): Lesly Bush, Jeff Britt, Mary Betlach.

Photo by Glen Park Garden Club

Garden Club prepares for 2004 Festival

by Barbara Langerman

Our last regular meeting of 2003 was held in November. Members were given the contact list and meeting calendar for 2004, as well as a gardening resource list. Members were able to sign up for the January field trip to Regan's Rose Nursery. Instead of our usual single-topic presentation, Ann Weinstein compiled a list of gardening problems and solutions from the membership, which were then presented at the meeting. Also at that meeting, plans for our holiday party were finalized with committee chair Lesly Bush.

The members' annual holiday potluck was held in December at the home of Jenny Callaghan. As usual, Jenny's house was beautifully decorated, the food was scrumptious, and all had a good time. Jenny again added to the festi-

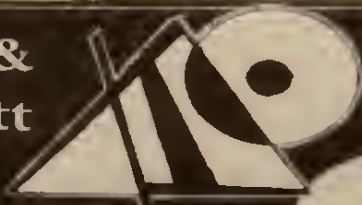
ties by providing gifts for all the members present.

The January meeting began the tenure of the new chairperson, Barbara Langerman. Regular business included finalizing plans for the field trip to Regan's Rose Nursery and our propagation workshop to be held in February, an important part of our preparation for the Glen Park Festival. The Village Garden Committee Chair, Terri Campbell, gave a report. A new chair, Tiffany Farr, was chosen for the Glen Park Festival Committee. Jeff Britt gave an excellent and informative talk on soil. He emphasized the importance of knowing the type of soil you have and then amending it with top-quality organic matter.

For more information about the Glen Park Garden Club, please contact Chairperson Barbara Langerman at 586-5421 or by e-mail at Barbarasyd2@aol.com.



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Real Estate in Glen Park

by Larry Roadcap

Rising Prices

The median price of a single-family home in Glen Park rose from \$585,000 in 2002 to \$701,000 in 2003, an impressive gain of 20 percent year-over-year. Low interest rates and limited inventory seem to have been the primary drivers behind this strong market. The price increases are remarkable, given the difficult but improving state of the local economy. December statistics from the state Employment Development Department indicate a decrease in the San Francisco unemployment rate from 5 percent in November to 4.5 percent in December 2003, significantly lower than the 6.6 percent unemployment rate experienced in December 2002.

Recent Sales

(Address-Asking Price/
Sold Price-Date)

- 2469 Diamond St - \$699,000/
\$802,000 - 01/09/04
- 61 Whitney St - \$1,095,000/
\$1,175,000 - 01/09/04
- 56 Sussex St - \$679,000/\$726,000 -
01/08/04
- 2741 Diamond St - \$799,000/
\$789,000 - 12/30/03
- 119 Mateo St - \$679,000/\$680,000 -
12/19/03
- 562 Arlington St - \$779,000/
\$779,000 - 12/17/03
- 527 Congo St - \$519,000/\$600,000 -
12/03/03
- 206 Surrey St - \$499,900/\$500,000 -
12/02/03
- 47 Joost Ave - \$619,000/\$630,000 -
11/25/03
- 959 Chenery St - \$715,000/\$700,000
- 11/20/03
- 130 Randall St - \$719,000/\$850,000
- 11/20/03
- 100 Bemis St - \$649,000/\$725,000 -
11/18/03
- 135 Arbor St - \$899,000/\$901,000 -
11/14/03
- 268 Whitney St - \$929,000/\$929,000
- 11/14/03
- 538 Congo St - \$499,000/\$630,000 -
11/10/03
- 64 Van Buren St - \$795,000/
\$780,000 - 11/10/03
- 17 Paradise Ave - \$588,000/
\$575,000 - 11/07/03
- 279 Randall St - \$949,000/\$934,000
- 11/05/03
- 506 Chenery St - \$629,000/\$655,000
- 11/04/03
- 741 Chenery St - \$529,000/\$555,000
- 10/27/03

- 130 Chilton Ave - \$495,000/
\$600,000 - 10/27/03
- 214 Roanoke St - \$908,000/\$985,000
- 10/17/03
- 2650 Diamond St - \$639,000/
\$644,500 - 10/15/03
- 519 Chenery St - \$799,000/\$875,000
- 10/09/03
- 31 Paradise Ave - \$629,000/
\$665,000 - 10/02/03
- 2620 Diamond St - \$599,000/
\$650,150 - 09/25/03
- 56 Natick St - \$559,000/\$580,000 -
09/23/03
- 43 Fairmount St - \$699,000/
\$735,000 - 09/23/03
- 45 Arbor St - \$699,000/\$718,000 -
09/10/03
- 131 Moffitt St - \$629,000/\$670,000 -
09/05/03
- 1844 Church St - \$629,000/\$702,000
- 09/05/03
- 2576 Diamond St - \$579,000/
\$610,000 - 09/04/03

To Remodel or Not?

Are you thinking of remodeling your home? Consider the return on your investment before remodeling. Not all remodeling projects yield the same return when it comes to increasing the value of your home.

Money spent updating your kitchen and baths is your best remodeling investment, returning a nearly dollar-for-dollar increase in home resale value. Updated kitchen and bathrooms make your home that much more attractive to potential buyers when you do decide to sell. By comparison, converting a basement into a family room or adding outdoor recreation facilities such as a swimming pool or sport court yield the lowest return on your investment.

Sometimes the cumulative effect of several smaller projects can actually yield a higher resale value than one or two larger ones. Smaller projects tend to be more cosmetic in nature—new paint, doors, windows. Larger projects that upgrade or add living space may cost more, but almost always add less resale value.

Finally, be careful of over-improving for your neighborhood. Remodeling projects that are more extensive than neighboring homes won't return as much when it comes time to sell.

Larry Roadcap is an agent at Zephyr Real Estate's West Portal office. He can be contacted at 552-9500, ext. 116, or by e-mail at larryroadcap@rcn.com.

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Maternity leave fitness

**Important for biological
mothers and adoptive
mothers, too!**

by Lori Chaplin

The months of waiting for your new baby to arrive are now in the past. Your baby is here! Hours upon hours are spent staring at this little one sleeping. It is truly amazing how long you can look at a sleeping baby. In the days and years to come you will do everything you can for this child. In the fitness profession, we often see mothers postpone their own personal needs for the needs of their child. It is difficult to fit in time to work out when you are a new mother—not to mention be motivated enough to actually put your workout clothes on. After having a baby last June, I developed a program at Sol Gym to help new mothers address their fitness needs and it includes baby, too.

Maternity leave offers a nice window of time for establishing a healthy routine to live by. This is the time when baby is small, portable and—most importantly—non-locomotive.

We offer a personal training group class for new mothers on maternity leave called The Car Seat Class. This class is designed to address a range of needs from regaining strong pelvic floor muscles to preventing urinary problems that are common after childbirth to increasing energy levels caused by sleep deprivation of an adoptive mother. Babies are comfortably sleeping in their car seats with mom only steps away, strengthening her muscles and getting her body in gear for all the bending, kneeling and lifting that comes with a having a new baby.

Why get back to workouts?

Time flies when you are having fun. The next thing you know, your baby will be graduating from high school and you still have that “baby weight” to lose and now have a bad back too. Taking advantage of establishing a fitness plan during your family leave time prior to returning to work can set the pace for years to come. Getting into your fitness routine now can “educate” or “re-educate” muscles that have become weak from the pregnancy and childbirth process. One of the most common injuries to new parents is low-back strain from removing baby from the back seat of the car. Fitness programming can strengthen muscles to prevent injury, increase energy, improve endurance or stamina and it does wonders on your mental health.

When is it OK to start exercising?

First, before you start or participate in any exercise program, always consult your physician.

If you had a vaginal delivery with no complications it is advised to wait six weeks to resume high-impact aerobic activity. Often women feel comfortable doing a small amount of walking and basic stabilization exercises as early as a week after delivery.

If you had a Cesarean section it is also advised to wait six weeks; however you might feel the need to wait longer. You are encouraged to walk the day following a Cesarean section, and maintaining daily movement is also encouraged within the limits of pain.

Exercise prescription for the postnatal mom

If you have only 5–10 minutes:

- Walk with your baby in a stroller or Baby Bjorn.
- Dance with your baby to music.
- Stretch with your baby nearby.
- Do abdominal exercises.

If you have 15–20 minutes:

- Power walk around your neighborhood while your baby is with your partner.
- Get on that Stairmaster or treadmill that you've been hanging clothes on.
- Create a routine of bodyweight exercises such as push-ups, crunches, jump rope, pull-ups and pelvic-floor exercises.
- Perform some of the exercises located in your postpartum handbook issued by the hospital.

If you have 30 minutes:

- Pop in an exercise video while baby sleeps. You can rent them from Dr. Video so that you don't become bored with purchased videos.
- Go to the beach for a jog/walk.
- Go for a walk while shopping for your new baby.

If you have 60 minutes:

- Join The Car Seat Class at Sol Gym or any organized class at a gym.

Lori Chaplin, MS, has been a personal trainer for 13 years at Sol Gym on Diamond Street. In addition to many other fitness publications, she has authored pregnancy and post-natal exercise guideline books. With a masters degree in exercise physiology and a bachelors in athletic training/exercise physiology, Lori is certified as a strength and conditioning specialist by the National Strength and Conditioning Association, as an exercise scientist by California State University, Chico, and as a post-rehabilitation specialist by the American Academy of Health & Fitness Professionals.



If you have five minutes: Tighten your glutes! Put baby in front of you while lying over a stability ball. Alternate lifting legs 15-20 times on each side. Rest and chat with baby for a minute. Repeat this three times. Don't lift your leg higher than your hip level.
Photo by Lori Chaplin

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Community Calendar

Glen Park Association

Quarterly Meetings are held at the Glen Park Recreation Center in the park (Elk and Chenery streets) on the second Tuesday in January, April, July and October at 7:30 p.m.

Next meeting: Tuesday, April 14, 2004, 7:30 p.m.

Glen Park Advisory Board

Next meeting: Wednesday, March 3, 6:30 p.m. Meetings are held in the Rec Center auditorium. Everyone is welcome.

Next Beautification Day: Saturday, April 24, 9 a.m.–noon. Bring your friends and family and meet by the picnic tables.

Friends of Glen Canyon Park

Meetings and Restoration Work Parties: Third Saturday of each month, 9 a.m.–12 noon. Next dates: Feb. 21, March 20, April 17. Meet at the picnic tables on the west side of the Recreation Center. Contact Jean Conner, 584-8576.

Weekly Work Parties: Every Wednesday, 9 a.m.–12 noon. Contact Richard Craib, 648-0862 for meeting place.

Spring Bird Walk

Sunday, May 9, 9 a.m. This wonderful event in the canyon is sponsored by Friends of Glen Canyon Park. Meet at the picnic tables. Bring binoculars! Contact Jean Conner, 584-8576, if you don't have binoculars or for more information.

Family Fun Fest

This annual event takes place Saturday, May 1, 11 a.m.–3 p.m., at the Glen Park playing fields.

Free Light Yoga Classes

Welcome to the Glen Park Recreation Center one-year anniversary Light Yoga Classes (February only). Here is an easy way to begin the study of Yoga, with an introduction to the Iyengar method of Hatha Yoga for the new year. Learn the basic poses. Postures presented will be modified to suit your immediate physical requirements. This is a free community service. Schedules are available and posted at the Rec Center. Classes start February 17 and will continue twice weekly (except

every second Tuesday) from 6:15 to 7:15 p.m.

You're welcome to join in at any point. Wear comfortable pants and top. If you don't have a Yoga mat, bring a large towel. For more information call Christine Trost at 846-8481.

Miraloma Nursery School Fundraiser

Eat, drink, shop for bargains and support a 50 year-old San Francisco institution! Miraloma Cooperative Nursery School's annual silent and live auction is scheduled for Saturday, March 20, from 6 to 10 p.m. at the Recreation Center for the Handicapped, 207 Skyline Blvd. in San Francisco. Tickets are \$5 and may be purchased at the door, or through the school in advance. Bring your friends and enjoy free food and drinks while you shop for bargains! All proceeds benefit Miraloma Preschool. Please call 585.6789 for more information. Everyone is welcome!

SFPD Community Forums

Third Tuesday of each month, 7 p.m.: All residents are invited to participate in the monthly Community Relations Forum at SFPD's Ingle-side Police Station, hosted by Precinct Capt. Kevin Dillon, with guest speakers and refreshments. The main station number is 404-4000, or you can contact Capt. Dillon at Kevin_Dillon@ci.sf.ca.us. Next dates: Feb. 17, March 16, April 20.

Bird & Beckett Books

Upcoming events:

Sunday, February 15, 6pm: A valentine for the neighborhood, from Bird & Beckett! Romantic jazz standards performed by local artists **Ruth Keady** (vocal) and **Eric Berman** (piano).

Every Friday, 5:30 p.m.: Live jazz with the **Chuck Peterson Quintet** and friends.

First Sunday of every month, 6 p.m.: Vocalist **Dorothy Lefkovits** with the **Henry Irvin Trio**—an open jazz jam session. Next date: March 7.

First and third Monday, 7:30 p.m.: Two featured poets read from their work, followed by an **open mic**. Check the store for upcoming names.

Second Tuesday of every month, 7:30 p.m.: The **Eminent Authors Birthday Reading** features an open

reading from the works of writers born during the month. All are welcome to read from the work of a favorite author whose birthday falls during the month.

First Wednesday, 7 p.m.: The **Bird & Beckett Book Club**. The featured selection for March is *Middlesex* by **Jeffrey Eugenides**.

Glen Park Festival set for Sunday, April 25

by Vince Beaudet

Mark your calendars for our upcoming spring festival! Exciting changes are planned for this year's event, including an enclosed Food and Beverage area to be located on Diamond Street near the music area, as well as new bands booked including Zakiya Hooker's "Boogie with the Hook" group. Festival hours are 10 a.m.–5 p.m.

This year we are not planning to use the old Diamond Super lot or the parking area on Wilder Street because construction of the Glen Park Marketplace could finally begin in the spring. So while our annual street fair may be more compact than in the past, we are working hard to make it better than ever. Your ideas and support can help us achieve this goal.

Volunteers are always needed. Please call the festival hotline at 835-2112 to help with this year's event!



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Annual Family Fun Fest set for May first

by Miriam Moss

The Glen Park Advisory Board continues to work with Recreation and Park on improving our recreation site. We are happy to report that the bathrooms and halls just got a fresh coat of paint and the auditorium is next. Come in and take a look around.

The Fourth Annual Family Fun Fest will be happening on Saturday, May 1 in the park. The Recreation and Park Department sponsors it with help from the Advisory Board. We plan to have games, crafts, entertainment, food, and prizes for the children. We would like to hear from all of you who have any kind of talent you'd like to show off (or anyone who knows anyone who does). We're also looking for new ideas to make this day more fun than ever.

This year due to budget constraints we will have to charge a small fee to cover expenses. Please feel free to contact me at moss3x@earthlink.net if you have any suggestions or questions or would like to donate something for the Family Fun Fest.

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